Book Boxes Coming Soon to Burnside Gorge

By Avery Stetski

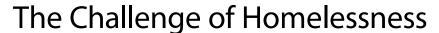
The two lending libraries, one for the Sumas / Manchester area and one for the Selkirk Waterfront area, are in the final stage of construction. The next steps are a very creative painting day followed a week later by site gatherings for the installation and stocking of the libraries. The painting day and site gathering will include food and refreshments with safe-distancing measures in place. The dates will be finalized shortly. We are looking for volunteers who would like to participate in either activity. Those interested can contact Avery Stetski at astetski@telus.net to be added as participants for either location.

Funding for the lending library project was provided through a My Great Neighbourhood Grant, administered by the City of Victoria. My Great Neighbourhood Grant applications are currently being accepted until the end of the year. The program now includes a new interim category of Community Recovery & Resiliency to reinforce community actions that support residents due to the impacts to COVID-19, as well as assist in the recovery period.

Examples of what recovery and resiliency proposals could look like include:

- Formation of mutual aid groups at the block or neighbourhood level (beyond Block Watch)
- Engage ongoing neighbourhood response teams to provide tangible and emotional support to isolated individuals (e.g. seniors)
- Create/enhance more recreational opportunities to ease isolation and keep people active
- Create and promote more online connected youth groups/communities
- Support for programming that promotes public health and community conversation
- Design and build more sophisticated placemaking projects that offer both public and separate space

To learn more about the grant program contact Gary Pemberton at gpemberton@victoria.ca.



By Elizabeth Cull, BGCA Board Member

These are certainly challenging times for our community. COVID19 has exacerbated the homeless situation in Greater Victoria and many of us in Burnside Gorge are struggling to remain compassionate about those without homes while trying to manage some of the negative impacts from supportive housing, tent encampments and a concentration of temporary emergency housing.

The Community Advisory Committee, comprised of service providers, Victoria Policy, Victoria City officials, Island Health, BC Housing and local residents meets monthly to discuss problems and devise solutions to improve the situation in our community. There are challenging and complex issues in our community and few quick or easy solutions but here are a few things that we hear are helping:

- Clean & Safe Teams have been established by each group managing one of the local hotels as temporary emergency housing. These teams, staffed by residents of the hotels, go throughout the neighbourhood picking up needles and garbage. You may have seen them out and about in safety vests wheeling garbage carts.
- The Burnside Gorge Community Association and BC Housing have put together a "Who to Call" list a handy reference of contact information for emergency services, City of Victoria bylaw enforcement, supportive housing sites and hotels being used as temporary housing. If you have concerns about safety, or concerns about the state of a property (eg. garbage, needles, unsafe conditions), or things like excessive noise, this list will help connect you with the right agency to address the problem. The list can be found on the BGCA website http://www.burnsidegorge.ca/. If you would like paper copies of the list to distribute in your area, you can pick them up at the Community Centre at reception.
- Our local MLA, Rob Fleming, has been working with the Minister of Municipal Affairs & Housing and BC Housing to put in place a regional plan for permanent supportive housing that is distributed throughout the region and not concentrated in one area.
- The redevelopment of the Cedar Grove site on Gorge Road is waiting for approval of the demolition permit. Victoria Cool Aid Society has been working with the City to prevent further breaches of the fences surrounding the property and improve the security of the site.
- · Local business owners are meeting regularly with BC Housing to address concerns raised by businesses near the former Comfort Inn.
- Extra police patrols have been deployed to the Burnside Gorge neighbourhood, and we have seen a much more visible police and reserve constable presence in the community.
- As a result of increased reporting by residents, City of Victoria Bylaw and Public Works department are establishing a new 'proactive team' to address concerns in our community. These teams will increase their availability for Burnside Gorge calls and add a proactive morning route to the neighbourhood to address issues in the community such as garbage, needles, property conditions, use of parks, etc. For issues that need a quick response residents should contact pw@victoria.ca directly.
- Through strengthened connections in the CAC, Victoria Bylaw teams have been able to more quickly identify and respond to problem properties in the neighbourhood.
- The Ministry of Mental Health and Addictions recently announced the creation of 123 new beds for youth substance-use treatment and withdrawal-management, helping fill a long-standing gap in youth treatment services.

The Burnside Gorge Community Association and the CAC know that these actions are not enough to address all the issues we face and we will continue to press for a regional approach to homelessness.





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Note: Written contributions do not necessarily reflect the opinions of the BGCA or its staff.

BGCA Board of Directors

Greg Arnold, Director Sara Maya Bhandar, Director Elizabeth Cull, Vice-Chair Kyle Empringham, Director Michelle Peterson, Secretary John Sanderson, Treasurer Avery Stetski, Chair Sarah Wagstaff, Director

To Advertise

Establish yourself as a community supporter with an ad in your community newsletter.

The deadline to purchase ad space is the 15th of each month prior to the month of publication. Please contact us for current

Contributions

The BGCN welcomes submissions. Submissions are subject to editing as required for clarity and brevity. Please note that submission does not guarantee publication. Contact us for submission guidelines and deadlines.

Editor: Rachel O'Neill Email: rachel@burnsidegorge.ca Phone: 250-388-5251



Founded in 1991 in response to community need, the Burnside Gorge Community Association provides a continuum of programs and services that strengthen the lives of children, youth and families in Greater Victoria.

Programming includes: a range of childcare programs for ages 3.5 to 11; community and school based youth and family services; housing and asset development supports for youth and families; community recreation and special events for all ages; and a variety of community development initiatives.

As a non-profit organization, we rely on the support of individuals, businesses and partner organizations to continue providing a high level of service to our communities. If you're passionate about the work that we're doing there are a number of ways that you can get involved.

Want to join a fun and dynamic team? BGCA is a great place to work. To see current opportunities please see our website at:

http://www.burnsidegorge.ca/opportunities/employment

Do you have some time to spare and a passion for community? We're always looking for volunteers to help out. Current opportunities are listed at:

http://www.burnsidegorge.ca/opportunities/volunteer

Become a member!

Are you interested in being a part of our mission? Become a member and take an active role in shaping our community. For more information contact the BGCA directly at:

info@burnsidegorge.ca

Centennial United CHURCH

Worship Service 10:55 am

Sunday School, Nursery, Senior Choir Everyone Welcome!

649 Gorge Rd. East (at David St.) Wheelchair ramp on Gorge Rd.

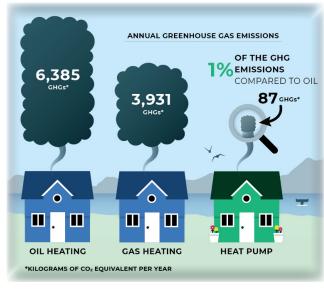
250-384-6424 wwww.cucvictoria.com

Bring it Home 4 the Climate!

Submitted by the City of Victoria & City Green Solutions

new program has launched in the CRD provid-Aing support for homeowners who are looking to improve their home's efficiency! Homes and buildings make up 30 to 50% of greenhouse gas (GHG) emissions in the Capital Region of British Columbia. The Bring It Home 4 the Climate program is here to support homeowners in taking action to reduce their home's climate impact and in motivating others in your community to do the same!

By participating in the Bring It Home program vou're supported to take action and join a community of people making their homes more climatefriendly and resilient to the impacts of climate change – you Bring It Home. Exclusive offers are available to registered participants



- A Free Virtual Home Energy Check-Up
- Home EnerGuide evaluation subsidies
- Access to special online and in-person events and educational webinars
- Free DIY upgrade supplies

Visit <u>www.bringithome4climate.ca</u> to learn more and to register for the program!



Curbside glass pick-up 101: What you need to know and why!

Submitted by CRD

Taking a few minutes to ensure your glass recycling is properly sorted will go a long way – from improving worker safety to ensuring those materials actually get recycled as intended.

Under agreement with Recycle BC, the CRD provides curbside recycling collection to more than 127,000 single-family homes in the region, ensuring that 1,600 tonnes of glass containers continue to be recycled annually and sold to end-markets in B.C. The requirement to separate glass is not new. Since 2015, Recycle BC has required glass be separated to reduce the contamination of recyclable materials, increasing the amount of materials that can be recycled, and improving worker safety. When glass is collected in the same receptacle as other packaging or paper and it breaks, shards can become embedded in the other recyclables and can't be separated again. This means that neither the glass, nor the other items, can be recycled properly. However, glass that breaks within a glass-only collection container can still be recycled.

Here's how: Collection trucks are outfitted with three compartments: the first for paper and cardboard, the second for metal, plastic and paper containers and the third compartment for glass bottles and jars.

Accepted glass items:

 Non-deposit glass bottles and jars, typically used to package items such as salad dressings, oils, vinegars and pickles etc.

Not accepted:

- Refundable beverage containers are not part of the curbside recycling program, and should be returned for deposit at one of several local depots. Alternatively, take advantage of a network of charity drop-off bins where you can donate your refundables with the proceeds supporting local charities, no sorting necessary!
- Glassware, window glass, mirrors, ceramic mugs or other ceramic products (broken or whole) are also not accepted as they are made from different types of glass and interfere with the glass recycling process. Check with your waste collection provider for disposal options.

If you live in a single-family dwelling and participate in the curbside recycling program, making sure your glass is properly recycled takes just a few simple steps:

- Rinse recyclables and include only accepted items to reduce contamination
- Ensure glass bottles and jars are placed in a plastic receptacle no larger than a standard blue box (max 15.5" tall)
- Remove lids and put them in with your mixed containers
- · Use a "Glass Bottles and Jars Only" sticker to identify your glass receptacle at the curb. Need a sticker? Email infoline@crd. bc.ca or call 250.360.3030.

Learn more at www.crd.bc.ca/curbside.



Fall into the Family Self Suffiency Program

The Family Self Sufficiency Program has the Green Light for a Matched Savings Program, starting now! Here we go!!!

We are calling all families who live in subsidized housing with one at least dependent child to join us for the next Program.

You will have the opportunity to confront your financial fears. Deal with your debt; create a workable budget and build savings. The FSS team is here to support you along your path to a successful relationship with your money. In that same spirit we will support your work and educational goals as best we can through community connections.



We are all in this together through these difficult times. So let's work together in a positive direction. For more information about our Program and how to apply click on the ink below:

http://www.burnsidegorge.ca/family-self-sufficiency-program

You can also call us at 250-388-5251, just ask for one of the family advisors: Linda, Olivia and Colleen

We look forward to talking to you!

Farmers Markets

There's still time to get out and enjoy local produce at one of our lovely ▲ farmer's markets. All have strict COVID-19 protocols in place so you can shop safely.

Esquimalt Farmers Market

Thursdays from 4:30-7:30pm in Bullen Park, behind Esquimalt Rec Centre. Offers online ordering.

http://esquimaltmarket.com/

Topsoil

Friday 10am – 4pm and Saturdays from 10am – 2pm. 395 Harbour Road (just off the Galloping Goose trail)

https://www.topsoileatlocal.com/market/

James Bay Market

Saturdays, May 2 - September 26, from 9am-1pm. Located at the corner of Menzies & Superior. Rain or Shine.

https://jamesbavmarket.com/events/james-bav-market/

Moss St Market

Saturdays, May through October, 10am to 2pm, rain or shine. Offers online ordering.

https://www.mossstreetmarket.com/

BG

The Community Centre will be closed on Monday, Sept 7th, for Labour Day. We wish you a fun and safe long weekend.

Going Digital at Point Ellice House

By Dr. Kelly Black, Executive Director, Point Ellice House Museum and Gardens

The COVID-19 pandemic has pushed many cultural organizations to de-▲ velop (or accelerate) their digital content and Point Ellice House Museum and Gardens is no exception.

Although our feature exhibit and 2 acres of heritage gardens are now open by appointment on Saturdays, the historic house remains closed to the public. To bring the history of Victoria and Point Ellice House to community members and educators, staff and volunteers have been busy creating a number of different online experiences. Recently, we launched a YouTube channel and an interactive map to accompany our new exhibit, Springs and Scavengers: Waste and Water in Victoria, 1842-1915.

On our YouTube channel, visitors will find videos that cover many topics; you can learn about how Victoria once dumped its garbage into the ocean, or take a virtual tour of our newly restored South Garden. On our website, the interactive map allows visitors to explore sites, pictures, and stories connected with the history of drinking water and waste disposal in the city.

In 2019, the Province of British Columbia launched the Provincial Heritage Artifact Database, an online resource for the public to explore the collections of provincial heritage sites such as Point Ellice House. This fall, we will add more content to the database as we undertake digitization of nearly 100 pieces of framed art. We are excited to make more of our collection accessible to people around Victoria, BC, and the world! Of course, we also continue to make regular updates to our blog where you can explore more stories about our collection and local history.

Another way we are working to make Point Ellice House more accessible is through the creation of an online store. This September we will launch the store on our website. Visitors to the store will be able to purchase unique items from our gift shop, such as one of a kind reproduction cards and prints, books, hollyhock seeds, tote bags, and more.

As I mentioned, Point Ellice House is not alone in this digital shift - cultural organizations across the province are working to develop and share content online. You can experience all that BC's thriving cultural sector has to offer by engaging with the fantastic resources at CultureOnline.ca

If you can't make it to Point Ellice House this summer or fall we hope that these online resources will bring the experience of our historic house museum directly to you.

YouTube: www.YouTube.com/channel/UC 78vpLMYQphLNrZtj-mYtA/ Point Ellice House Blog: www.pointellicehouse.com/blog Interactive Map: www.pointellicehouse.com/exhibits/ Provincial Heritage Artifact Database: https://apps.nrs.gov.bc.ca/pub/heritageartifactcollection/



BURNSIDE GORGE COMMUNITY CENTRE RECREATION PROGRAMS

PROGRAM REGISTRATION

We have an exciting line-up of programs for all ages, from toddlers to seniors. To register for a program call 250-388-5251 or drop by the Centre in person. Pre-registration is required for all programs except those specified as drop-in. The Front Desk hours are 8:30am-5pm, Monday to Friday. We are closed on statutory holidays and weekends, unless noted otherwise.

Payment is required at the time of registration and can be made by cash, cheque, credit card (VISA & MC), Debit or City of Victoria LIFE credits.

REGISTER EARLY TO AVOID DISAPPOINTMENT!

Programs may be cancelled or postponed if there are not enough registered participants. Decisions to run or cancel a program are usually made two days prior to the first class.

REFUND POLICY:

- For a full refund, request for withdrawal must be received at least 1 day prior to the first class.
- A full refund will be issued if BGCA cancels a program.
- If a participant withdraws after the first class, they will be refunded the pro-rated cost of the program.
- Withdrawing after the second or third class, the participant will be refunded the pro-rated cost of the program minus a \$5 administrative fee.
- No refunds for withdrawals after the lesser of the 4th class or 50% of the course has been completed.

GFT IN TOUCH

Do you have an IDEA for a program that you would like to see offered at Burnside Gorge Community Centre? Are you an instructor interested in running a program with us? Contact Travis Chater, Community Recreation Coordinator, at 250-388-5251 ext 225 or email travis@burnsidegorge.ca.

FACILITIES

The Burnside Gorge Community Centre is located just outside downtown Victoria at 471 Cecelia Road, between Burnside Road East and Gorge Road East. Outdoor public facilities include the Cecelia Ravine Park, Sport Court and Bike Skills Park, adjacent to the Centre.

The Community Centre is readily accessible by public transit: buses #8, 11, 21 and 22 routes on Gorge Rd East, Jutland Rd and Burnside Rd East, run parallel or border Cecelia Road. It is also easily accessible by the Galloping Goose Trail, which is adjacent to the Centre.



SEPTEMBER PROGRAMS

All programs held at Burnside Gorge Community Centre, 471 Cecelia Rd, unless otherwise noted. Schedule is subject to change without notice – please call 250-388-5251 for the most current info.

FAMILY CENTRE - REGISTERED

ACTIVE PLAY (AGES 0-4)

Free play for the little ones, ages 4 and under, and a chance to chat with other moms/dads. There are limited spaces available. To register please email theresa@burnsidegorge.ca or call 250-388-5251. Mondays

9:30-10:30am.

FACEBOOK LIVE STORYTIME

Join Theresa for a Facebook live Story time on the <u>Burnside Gorge Family Centre Group</u> page. Currently reading "The Munsch works Grand Treasury "Mondays 11am-11:30am

STROLLER WALKING GROUP

Get moving and into the fresh air with our stroller walking group this summer! Being Covid responsible, we'll take a different route each week for approximately 2 hours (don't worry breaks included!). Child must be stroller age and 'ready to roll' to attend. Please register for the weeks you would like to attend by calling: 250-388-5251 ext 248. Maximum 6 participants.

Tuesdays 10am-12pm

PARK DAYS - FUN IN THE SUN

Join us in this registered program to enjoy Wednesday mornings. We will explore a new park every week. Park will be posted on the Burnside Gorge Family Centre facebook page. Please remember to bring sunscreen, a hat, and your own water bottle! Limit of 5 families. Register by calling 250-388-5251, ext. 248.

Wednesdays 10am-12pm

FAMILY DINNER

Family Dinner at BGCA is Back - but different! Families need to register for dinner by Tuesday at 4pm by calling the front desk at: 250-388-5251. Thursday between 5 and 6pm, pick up dinner to take away for an easy, nutritious weekday meal for your family. Maximum 25 families.

Thursdays September 17 & 24 5-6pm

50+

STRENGTH, CONDITIONING & BALANCE FOR 60+

The first step is the most important! This well rounded program will focus on activities to improve strength, balance, mobility and cardiovascular fitness. A certified BCRPA instructor will use light weights, resistance bands, fitness props and a fun selection of agility games to improve overall fitness.

Have fun, make new friends and feel good about yourself. All levels of ability welcome. Instructor Janice Arnot

We will be taking the following precautions to ensure each participants' health and safety.

- No shared equipment will be used. Participants are asked to bring their own weights and bands. The instructor has these for sale at a substantially discounted price. Please phone Travis 250-388-5251 to inquire about purchasing.
- No drop in registration. Class size has been reduced to ensure all participants can have ample space to stay at least two metres from one another.
- The space will be sanitized in between each class and new chairs used for each class.

Tuesdays Sept 15 – Nov 3 9:00 am – 10:00 am 8/\$64 10:15 am - 11:15 am 8/\$64



50+ CONTINUED

ART THERAPY

Visual art is a powerful and effective way to communicate. Through drawing, painting and sculptures, art therapy alleviates stress levels, helps build self-confidence, and helps provide an understanding of our thoughts and values. For this course no talent is required, all we need is motivation to work on our difficulties and emotions while being accompanied by a professional who will guide us in this process. We will express ourselves in ways other than words. Taking an experimental approach focused on the senses and using visual art for therapeutic purposes.

Sa Sept 26 – Nov 28 10am – 12pm 10/\$100

SONGS OF OUR GENERATION

Sing, clap and tap along as we explore songs by some of our favourite artists (1950's, 60's, 70's), and the stories behind their lives. Taught by Victoria Conservatory of Music Singer/Songwriter Coleen Eccleston

M Sept 14- Nov 2 2:00 pm - 3:30 pm 8/FREE

HEALTH & WELLNESS

XL Yoga

For those living in large bodies taught by a person living in a large body. The benefits of yoga – increased balance, flexibility, stamina, and relaxation are wonderful for everybody. We'll make the poses work for our everyone using modifications and proper



work for our everyone using modifications and props (bolsters, blankets, and straps). Our classes are fun and light-hearted. Instructor Jill Moran

Due to Covid 19, we will not be able to use the props at the Community Centre. Please bring your own yoga mat, blocks, a strap (belt, scarf, bathrobe tie) and a blanket. If you do not have your own equipment and cannot get these items, email jillxlyoga@gmail.com and she can loan you what you need for the class series.

Th Sept 10 - October 29 7pm - 8pm 8/\$96 Th Nov 29 - Dec 10 7pm - 8pm 6/\$72

ZUMBA

Join us for one of the fastest growing Latin dance-inspired fitness crazes across the world! People of all ages are falling in love with its infectious music, easy-to-follow dance moves and body-sculpting benefits. Come dance to the rhythms of Salsa, Merengue, Mambo and other Latin beats. This is a fitness class you will not want to miss! Instructor Ximena Londono

W Sept 16 - Nov 4 6pm - 7pm 8/\$64

ZUMBA GOLD AND YOGA

Always wanted to Zumba but thought it might be too much for you? This class combines gentle Zumba Gold dance and fitness moves with yoga stretches, breathing exercises and deep relaxation. It is ideal for for beginners, active older adults and other participants who may need program modifications. Instructor Ximena Londono

W Sept 16 - Nov 4 9am - 10am 8/\$64

RENTALS

FACILITY RENTALS

The BGCA is slowly reopening for Facility Rentals. Rentals are taken on a case by case basis and all approved rentals will be required to have a safety plan in place.

For meetings, conferences, parties and family gatherings, we have a wide variety of rooms available to suit your needs. We offer wireless internet, tea & coffee service, and A/V equipment rentals, all at affordable prices. Nestled in Cecelia Ravine, our rooms also offer outstanding natural views and are accessible from the Galloping Goose Trail.

For more information or availability please call the Community Centre at 250-388-5251 or email rentals@burnsidegorge.ca.



Go By Bike Week

Submitted by the Greater Victoria Bike to Work Society

Greater Victoria's Bike to Work Week is returning September 18th to October 4th with a new name "Go By Bike Week" and a brand new website! The new name, Go By Bike Week, is intended to add a new level of inclusivity to Greater Victoria's largest, free, community event, allowing for recreational and family bike trips to be tracked as well. The event, normally held the last week of May each year, was postponed due to COVID-19.

Bike trips to work are still at the core of the Go By Bike and the event is still expecting workplace team challenges to be at the heart of the event. To help with registration and trip logging, the Society is happy to note that there is a new provincial Go By Bike website.

The Society is encouraging everyone to make a new account on the new website. Workplace Teams and a new feature, Family Teams, are also encourage to register right away. As an incentive, the Society will have a limited number of special 'early-bird' prizes for people who make a new account. For more information on the event and to access the new registration process please see: http://biketoworkvictoria.ca/



Photo by John Holland

ESTABLISH YOURSELF AS A COMMUNITY SUPPORTER

Advertise with the....



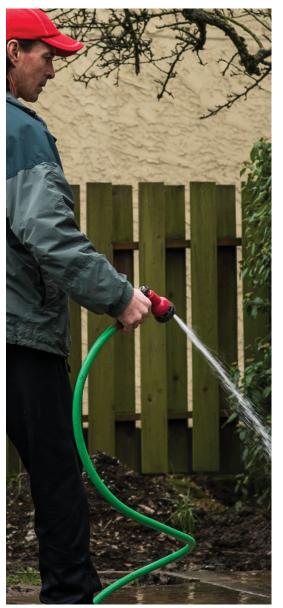
1000+ E-copies delivered monthly

AD SIZE	DIMENSIONS (inches)	COST (per issue)
Business Card	3.3 w X 2.2 h	\$20.00
1/12 page	6.8 w X 2.2 h OR 3.3 w X 4.5 h	\$29.00
Banner	10.25 w X 2.2 h	\$39.00
1/4 page	10.25 w X 4.1 h OR 5.1 w X 8.1 h	\$59.00
1/2 page	10.25 w X 7.8 h	\$79.00
Full page	10.25 w X 16 h	\$99.00

Deadline for purchasing ads is the 15th of each month prior to publication.

To book your ad today or for more information call 250-388-5251 or email info@burnsidegorge.ca





Dan Created Beauty for Next Steps

Officially opened in February 2008, Next Steps Transitional Shelter has now been operating for twelve years. One of the people who left the program after having found a home was an individual who literally left his mark — a person who can explain what makes good aggregate, knows what a bull float is, and why you would need one.

Our tenant Dan announced one day that he wanted to contribute to Next Steps to say thanks for the support and patience shown to him and other people in the program.

Utilizing his work knowledge and experience, Dan set out to create beautiful, new sidewalks for Next Steps. He said he wanted to help the yard look more finished and wanted the work to reflect how he felt about Next Steps.

To complete his project, Dan used his contacts and was able to get most of the materials donated and delivered at no charge!

Ocean Cement, Butler Concrete and Aggregates, and Trio Ready Mix all contributed concrete.

Two volunteers, Kyle and Aaron, helped by wheelbarrowing the concrete from the truck to Dan, letting him continue working uninterrupted. And work he did.

Dan estimates he spent close to 250 hours planning, prepping, consulting, removing existing concrete, and building the forms to receive the fresh concrete.

The end result was not your typical sidewalk, but a functional work of art. Dan said, "It felt good to give back to the program and to see the remarkable change to the yard."

We asked Dan what his motto is when it comes to work and he told us it's always been: "Do it once and do it right." And that is exactly what he did.

Thank you, Dan, for sharing your time, sweat, and considerable talent with Next Steps, and for showing us that there can be beauty in everything.

We wish you continued success in all you do.

